

## CLAIMS

1. A method of transmitting measured activity information and providing at least one individual with feedback based on the measured activity information,  
5 characterised in that the method comprises the steps of:

measuring activity information relating to an activity with a measurement device;

10 transmitting activity information to a receiving device via a communication link;

selecting from the received activity information a predefined set of pieces of activity information with the receiving device; and

15 providing the at least one individual with feedback based on the selected activity information.

2. The method according to claim 1, characterised in that said step of providing comprising providing the at least one individual at least one activity indicator based on the selected activity  
20 information with at least one feedback device.

3. The method according to claim 2, characterised in that prior to said step of providing the method further comprising the steps of:

25 calculating at least one additional activity indicator based on the at least one selected activity information; and

providing the at least one individual individual with the calculated at least one additional activity indicator with the at least one feedback device.

30 4. The method according to claim 2 or 3, characterised in that said step of providing comprising presenting the at least one activity indicator to the at least one individual as at least one of a graphical form and voice signals.

35 5. The method according to claim 1, characterised in that prior to said step of transmitting the method further comprising the step of:

calculating at least one additional piece of activity information based on the measured activity information.

5       6. The method according to claim 1, characterised in that said step of transmitting comprising transmitting activity information according to a communication protocol.

10       7. The method according to claim 1, characterised in that said step of providing comprising providing the at least one individual with feedback with the receiving device.

15       8. The method according to claim 1, characterised in that said step of providing comprising providing the at least one individual with feedback with at least one device connected to the receiving device.

20       9. The method according to claim 1, characterised in that said step of measuring comprising measuring at least one of the following quantities:

time;  
location;  
altitude;  
temperature; and  
25       heart rate.

10. A measurement device configured to measure and transmit activity information,

characterised in that the measurement device comprises:

30       a processor (28);  
a plurality of measuring elements (214) configured to measure a plurality of quantities relating to an activity;

35       a memory (24) configured to store measurement data provided by the measuring elements (214); and

a transmitter (26) configured to transmit activity information to at least one receiving device via a

communication link according to a communication protocol.

11. The measurement device according to claim 10, characterised in that the plurality of measuring elements (214) comprises at least one of the following:

a GPS receiver (216);  
a barometer (202);  
a thermometer (200); and  
10 at least one pulse coil (22) configured to measure heart rate.

12. The measurement device according to claim 10, characterised in that the processor (28) is configured to calculate at least one additional piece of activity information based on the measured activity information; and the transmitter (26) is configured to transmit the calculated activity information via a communication link.

13. A receiving device configured to receive activity information from a measurement device, characterised in that the receiving device comprises:

a receiver (208) configured to receive a transmission from the measurement device, wherein the transmission includes activity information measured with the measurement device;

a memory (206) configured to store at least one definition based on which a predefined set of pieces of activity information is selected from the received activity information; and

a processor (210) configured to select the predefined set of pieces of activity information from the received activity information based on the at least one definition stored on the memory (206).

14. The receiving device according to claim 13, characterised in that the receiving device further comprises at least one feedback device

(212) configured to provide at least one individual with feedback based on the selected activity information.

15 13, characterised in that the receiving device further comprises an output to which at least one feedback device (212) can be connected.

10 16. The receiving device according to claim 14 or 15, characterised in that the at least one feedback device (212) is configured to provide the at least one individual with at least one activity indicator based on the selected activity information.

15 17. The receiving device according to claim 16, characterised in that the processor (210) is configured to calculate at least one additional piece of activity information based on the at least one selected activity information, and the at least one feedback device (212) is configured to provide the at least one individual with the calculated  
20 at least one activity indicator.

18. The receiving device according to claim 16 or 17, characterised in that the at least one feedback device (212) is configured to present the at least one activity indicator to the at least one  
25 individual as at least one of a graphical form and voice signals.

19. The receiving device according to claim 14, 15, 16, 17 or 18, characterised in that the at least one feedback device (212) comprises at  
30 least one of a display, a speaker and an earpiece.

20. A system of transmitting measured activity information and providing at least one individual with feedback based on the measured activity information,

35 characterised in that the system comprises:

a measurement device (20) comprising a first processor (28), a plurality of measuring elements (214) configured to measure a plurality of quantities relating to an activity, a first memory (24) configured to store measurement data provided by the measuring elements (214), and a transmitter (26) configured to transmit activity information to at least one receiving device via a communication link according to a communication protocol; and

10 a receiving device (204) comprising a receiver (208) configured to receive a transmission from the measurement device, wherein the transmission includes activity information measured with the measurement device (20), a second memory (206) configured to store at least one definition based on which a predefined set of pieces of activity information is selected from the received activity information, and a second processor (210) configured to select the predefined set of pieces of activity information from the received activity information based on the at least one definition stored on the second memory (206); and at least one feedback device (212) configured to provide the at least one individual with feedback based on the selected activity information.

25 21. The system according to claim 20, characterised in that the plurality of measuring elements (214) comprises at least one of the following:

30 a GPS receiver (216);  
a barometer (202);  
a thermometer (200); and  
at least one pulse coil (22) configured to measure heart rate.

22. The system according to claim 20, characterised in that the first processor (28) is configured to calculate at least one additional piece of activity information based on the

measured activity information; and the transmitter (26) is configured to transmit the calculated activity information via a communication link to the receiving device.

5           23. The system according to claim 20, characterised in that the receiving device (204) further comprises at least one feedback device (212) configured to provide at least one individual with feedback based on the selected activity information.  
10           tion.

          24. The system according to claim 20, characterised in that the receiving device (204) further comprises an output to which at least one feedback device (212) can be connected.

15           25. The system according to claim 23 or 24, characterised in that the at least one feedback device (212) is configured to provide the at least one individual with at least one activity indicator based on the selected activity information.

20           26. The system according to claim 25, characterised in that the second processor (210) is configured to calculate at least one additional piece of activity information based on the at least one selected activity information, and the at  
25           least one feedback device (212) is configured to provide the at least one individual with the calculated at least one activity indicator.

          27. The system according to claim 25 or 26, characterised in that the at least one feedback device (212) is configured to present the at  
30           least one activity indicator to the at least one individual as at least one of a graphical form and voice signals.

          28. The system according to claim 20, 23, 24,  
35           25, 26 or 27, characterised in that the at least one feedback device (212) comprises at least one of a display, a speaker and an earpiece.